

## Colonoscopy Prep – PLENVU®

Please read packet thoroughly. If you have any questions please call 631-289-0300 ext. 224.

An empty, clean colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed; the procedure may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

Follow the steps below for a successful colonoscopy.

### o Before your colonoscopy...

- Be sure to get the necessary blood work, EKG, or clearance **if you were instructed to do so.**
- If there is any chance of pregnancy, take a home pregnancy test prior to taking the prep. Call immediately if positive.
- If you have diabetes, talk to the doctor who prescribes your diabetic medications for specific instructions.

### 7 days before your colonoscopy

- o **Talk to your prescribing doctor (usually your primary care physician or cardiologist) if you take blood thinners. Do not stop blood thinners until you speak with them.**

Blood thinners include:

- Aggrenox®
- Agrylin®
- Aspirin
- Coumadin® (Warfarin)
- Effient®
- Heparin
- Eliquis (Apixaban)

Lovenox®  
Persantine®  
Plavix®  
Pradaxa®  
Ticlid®  
Xarelto®

Brillinta

It is okay to take Tylenol® if you have to.

### o Arrange for a ride home

You will be drowsy after your exam and will not be allowed to drive yourself home. Arrange for an adult, 18 years or older, to drive you home.

For more info: [www.brookhavengastro.com](http://www.brookhavengastro.com)

If you cancel your appointment less than 5 days prior to your procedure, you will be responsible for a \$100 service fee.

## 5 days before your colonoscopy

### o **Stop taking supplements**

These include: iron pills, vitamin E, fiber supplements (Metamucil<sup>®</sup>, Citrucel<sup>®</sup>, Fiberall<sup>®</sup>), and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil)

### o **Get your bowel prep items from the drug store:**

#### **PLENVU<sup>®</sup>**

- Pick up your Plenvu<sup>®</sup> preparation from the pharmacy today if you haven't done so already.

#### **Petroleum jelly (vitamin A&D ointment)**

- To help with comfort during your bowel prep, you can apply some petroleum jelly or vitamin A&D ointment to your bottom or anus after each bowel movement. You can also use Vaseline<sup>®</sup>, Desitin<sup>®</sup>, Tucks<sup>®</sup>, or zinc oxide.

## 4 days before your colonoscopy

### o **Stop eating high-fiber foods**

Fibers from these foods can remain in the colon and clog the scope. High-fiber foods include:

- |                                                  |                                                                  |
|--------------------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> fresh and dried fruit   | <input type="checkbox"/> canned vegetables w/ skins and seeds    |
| <input type="checkbox"/> fruit and vegetables    | <input type="checkbox"/> (beans, corn, onions, peas, tomatoes)   |
| <input type="checkbox"/> nuts,                   | <input type="checkbox"/> thick, pulpy fruit juices, like orange  |
| <input type="checkbox"/> seeds (flax, sunflower, | <input type="checkbox"/> juice                                   |
| quinoa)                                          | <input type="checkbox"/> tough meat, including ribs, steak, pork |
| <input type="checkbox"/> oatmeal, granola, bran  | <input type="checkbox"/> whole grain bread, cereals, pasta       |
| <input type="checkbox"/> popcorn                 | <input type="checkbox"/>                                         |
| <input type="checkbox"/> pureed foods            |                                                                  |

### o **You can eat white rice, white mashed potatoes, white bread, yogurt, eggs, plain pasta, fish, turkey, chicken**

## 1 day before your colonoscopy

### o **Stop eating solid food, milk and dairy products**

### o **No alcohol**

For more info: [www.brookhavengastro.com](http://www.brookhavengastro.com)

**If your procedure is before 9 am, follow these instructions:**

Great South Bay Endoscopy will call to tell you the time of your procedure 1 week before.

### **1 day before your colonoscopy**

o **Consume clear liquids.** These include:

- Broth or bouillon
- Clear juices: apple, white grape, or white cranberry
- Italian ices
- Fruit-flavored drinks: Crystal Light®
- Hard candy
- Honey
- JELL-O®
- Plain coffee and tea
- Popsicles®
- Soda: ginger ale, cola, Sprite®, 7-Up®
- Sorbet
- Sports drinks: Gatorade®, Powerade® □ Water

**Yellow, green, or clear** liquids only.

No **red, pink, blue, orange, or purple** colors.

Medicines should be taken on your regular schedule unless otherwise directed.

o Start your bowel prep

#### **7pm – start 1<sup>st</sup> dose:**

1. Use the mixing container to mix the contents of Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time - slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 60 minutes.

#### **9pm – start 2<sup>nd</sup> dose:**

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 60 minutes.

Can also mix prep with: low sugar juices (plain or diet), white grape or white cranberry juice, lemonade, G2 gatorade, or unsweetened iced tea.

Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass. ✓ **Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration.**

Starting at midnight you may have nothing by mouth; including water.

For more info: [www.brookhavengastro.com](http://www.brookhavengastro.com)

**If your procedure is at 9 am or later, follow these instructions:**

Great South Bay Endoscopy will call you 7 days before with your scheduled time.

## 1 day before your colonoscopy

### o **Consume clear liquids.** These include:

- Broth or bouillon
- Clear juices: apple, white grape, or white cranberry
- Italian ices
- Fruit-flavored drinks: Crystal Light®
- Hard candy
- Honey
- JELL-O®
- Plain coffee and tea
- Popsicles®
- Soda: ginger ale, cola, Sprite®, 7-Up®
- Sorbet
- Sports drinks: Gatorade®, Powerade® □ Water

**Yellow, green, or clear** liquids only.

No **red, pink, blue, orange, or purple** colors.

Medicines should be taken on your regular schedule unless otherwise directed.

### • **If your procedure is at 9am or later:** Start your bowel SUHS

#### **7pm – start 1<sup>st</sup> dose:**

Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes.

Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

#### **6am – start 2<sup>nd</sup> dose:**

1. Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 oz of water by shaking or using a spoon until it's completely dissolved. This may take up to 2-3 minutes. Take your time slowly finish the dose within 30 minutes.

2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 60 minutes.

Can also mix prep with: low sugar juices (plain or diet), white grape or white cranberry juice, lemonade, G2 gatorade, or unsweetened iced tea.

Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass. ✓

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### Day of your colonoscopy

- **If your procedure is before 9 am:** Starting at midnight before your exam, it's VERY important that you don't take ANYTHING by mouth, including water.
- **If your procedure is at 9 am or later:** You can drink the remaining prep starting at 6am.
- You should take blood pressure, thyroid, and heart medications on the morning before your procedure with a sip of water.
- Arrive early for your procedure
  - Wear loose comfortable clothing
  - Leave jewelry and valuables at home
  - If your meds have changed, bring meds list with milligrams and quantity
  - Bring photo ID, insurance card
- No jewelry such as rings, earrings, necklaces, or body piercings.
- **REMEMBER, DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT ALLOWABLE MEDICATIONS AND PREP IF APPLICABLE.**
- No gum, Listerine® strips, or candy. No ice chips.

### Specific Instructions:



**For more info: [www.brookhavengastro.com](http://www.brookhavengastro.com)**